

Restricted Surface Supplied Study Guide for Upgrading to the Unrestricted Surface Supplied Rating

This study guide has been put together to insure that you have an opportunity to prepare yourself academically for the PLAR pre-assessment exam. The higher the grade that you can achieve on the exam the less time and expense you'll have at school. Essentially you have to prepare well. These exams are post-secondary level exams and will accurately test your knowledge based on the CSA Z275.4 academic competency requirements. The goal is for you to achieve not less than 75% per category on the exam. The pre-assessment exam is an open book exam.

DCIEM Manual Review

- Non repetitive dive planning.
- Repetitive dive planning.
- Sur-d-O2 Dive Planning
- Special Dive Table Management for: slow ascents, fast ascents, omitted decompression procedures, altitude considerations, cold water considerations & blown profiles regarding depth.
- Terminology
- Definitions

Professional Diver Handbook (SUBMEX)

- Diving Operations
- Operational Dive Equipment
- Communications
- Weather and Sea
- Health and Safety
- Rescue
- Regulations

NOAA Manual (5th Edition)

- Physics Review
- Physiology Review
- Dive Environment Review
- Rescue
- Hyperbarics
- Dive Equipment / 1st Stage and 2nd Stage function
- USN Tables (USN Tables will be on the Pre-assessment Exam)

Diving Regulations

- CSA Z275.2 Operational Code
- CSA Z275.4 Competency Code

***Pre-assessment Exam Topics: Physiology, Physics, Dive Tables (DCIEM / USN), Tooling, Dive Rescue & Management and Dive Operations & Legislation.**